

Road Oil to Operating Table: Utilizing The Lateral Approach

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INTRODUCTION:

Intertrochanteric Femur (IT) fractures being the most common extracapsular fractures are subject to deforming forces that can greatly displace these fractures. But select fracture pattern are not amenable to standard nailing after which plate fixation is a viable option and lateral approach utilized to reconstruct the proximal femur.

REPORT:

A 19-year-old male arrived at our emergency department with left hip discomfort and an inability to walk after a motorcycle accident caused by road oil. While initial assessment ruled out life-threatening injuries, further examination unveiled a comminuted and unstable fracture of the left intertrochanteric femur. Given the fracture's instability, we opted for proximal femur plating via a lateral approach instead of standard nailing. Patient was positioned laterally, with the fractured leg superior as well as ensuring optimal hip Range of Motion (ROM) during reduction maneuvers. This method facilitated effective reduction with minimal imaging. Following placement of a proximal femoral locking plate and achieving satisfactory reduction, the patient was discharged home in stable condition.

Subsequent follow-ups demonstrated successful fracture healing and improved hip range of motion.

DISCUSSION:

High energy hip fractures pose challenges both to surgeon and patients due to their potential long-term implications on mobility and quality of life. While intramedullary nailing has traditionally been the standard of care for fractures, where reconstruction is required, the lateral approach is preferred¹. Proximal femur plating in comminuted fractures, enhance

stability and resistance to deforming forces. By prioritizing direct visualization and meticulous reduction techniques, the surgical team successfully achieved adequate fracture reduction and implant placement, resulting in favorable postoperative outcomes.

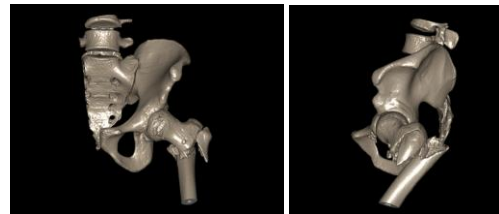


Figure 1 : Hip CT Scan



Figure 2 : Post Operative Image

CONCLUSION:

The successful utilization of proximal femur plating via the lateral approach highlights the importance of preoperative planning and flexibility to utilize other approaches for optimum surgical outcome.

REFERENCES:

1. Dr. Ravi et al. Ease of doing proximal femoral nailing in lateral position in the management of peri-trochanteric femoral fractures in adults: A prospective study. Int J Orthop Sci 2019;5(2):39-46.